

Rules/Weight Classes

Competitors will be weighed at check-in on the day of the event for weight class placement. Competitors will also submit starting lifting weights (first attempts, in lbs) at check-in for each event.

Each competitor is allowed 3 attempts on each event. The best of each lift will be counted towards his/her competition total. Scratches count as an attempt. If two competitors lift the same, the lighter of the two competitors will be ranked higher.

When the lifter hears “bar is loaded” they may step onto the platform.

They must perform their lift in a timely manner.

The chief judge will give the signal to start: a verbal command and a physical hand motion. After a lift is complete the chief judge will give the signal to rerack: a verbal command and physical hand motion.

Once the lift is completed the competitor promptly leave the platform.

Breaking any of the event rules will result in a scratch. The chief judge decides what is a scratch and what is a good lift.

Each event will have 3 spotters provided. A failure to lift the attempted will prompt the spotters to rack the weight, however, that turn then becomes a scratch/miss. If at any point the chief judge feels the safety of the competitor is at risk (due to improper form or visual cues of danger) the chief judge may ask the spotters to rack the weight with that turn becoming a scratch.

Chalk will be provided.

Dress Code

- Shirts must cover entire chest.
- Shorts must not cover knee (knee joint needs to be exposed).
- All competitors must wear closed-toed, athletic style shoes.

Allowed

- Weight lifting belts
- Supportive Wrist Wraps (does not wrap around bar)
- Elbow Sleeves
- Knee Sleeves
- Heeled lifting shoes

Not Allowed

- Slingshots
- Wrist Straps (that wrap around bar)
- Elbow Wraps
- Knee Wraps
- Hats

Weight Classes

Men:

- 159.99lbs and below
- 160-179.99lbs
- 180-199.99lbs
- 200-219.99lbs
- 220-239.99lbs
- 240lbs and above

Women:

- 129.99lbs and below
- 130-169.99lbs
- 170lbs and above

Squat Rules

- The competitor will remove the bar from the rack.
- The bar should be horizontal across shoulders.
- The competitor needs to be motionless to get the signal to start.
- When given auditory signal of "Squat" and the downward hand signal, the competitor should lower until the top surface at the hip joint is lower than the top of the knees.
- Stepping backwards or repositioning the feet after the signal to begin is not permitted.
- When the competitor is fully standing, knees locked, exhibiting control of the weight, the lift is complete.
- Double bouncing or downward movement after the competitor is moving upwards is not permitted.
- Hands must remain in contact with the barbell at all times.
- The chief judge will give the verbal signal of "Rack" with the visual hand signal to rerack the bar (the spotters may assist with re-racking the bar).

Bench Press Rules

The competitor will lie on their back, head, shoulders, and buttock in contact with the bench.

The competitor may ask for assistance with removing the bar from the rack.

No false, suicide, or thumbless grip.

Once the competitor is adjusted they need motionless to get the start signal.

When given verbal signal "start", the competitor should lower the bar to the chest where it will pause motionless for a brief moment (no bouncing, no touch and go's)

The chief judge will give the verbal signal "Press" with an upward motion of the arm.

The competitor must then press the bar up until elbows are locked.

Downward movement after the bar is moving upwards is not permitted.

When the competitor and bar is motionless exhibiting control of the weight, the chief judge will give the verbal signal of "Rack" and the visual hand signal to rerack the bar.

Deadlift Rules

There will be no start command.

The competitor should grip the bar and stand until the knees and hips are locked, the shoulders are back.

Sumo squats are allowed.

Stepping backwards or repositioning the feet after the signal to begin is not permitted.

Any rising of the bar or attempt to do so will count as an attempt (jerking bar okay)

Any downward motion of the bar before the competitor is standing is not permitted.

The competitor may not rest the bar on their legs or weight belt.

After the competitor is standing motionless exhibiting control of the bar in the upright posture, the chief judge will give the verbal signal "down" and a downward hand motion.

The competitor must remain in control of the bar when returning it back to the platform (dropping the bar from the standing position is not permitted).